



# LLAHPERD

Winter, 2006

## A Message from the President: Cindy Hess

Hopefully everyone has gotten off to a fantastic start to the school year. The LLAHPERD has been planning for this school year as well! We hope to see many of you at the upcoming PSAHPERD convention held at Seven Springs. (November 30<sup>th</sup> – December 2<sup>nd</sup>) Stop by our booth and introduce yourself.

The Lancaster/Lebanon Association for Health Physical Education Recreation and Dance is always looking for new members! This association plans workshops, supports PSAHPERD events and conventions, as well as working to support all professionals in the fields of Health, Physical Education, Recreation and Dance. If you are interested in becoming an active member in your local association please contact Cindy Hess at [c\\_hess@easdpa.org](mailto:c_hess@easdpa.org). If you have any suggestions as to how we can better support you please let us know as well!

Last year our association started a local level teacher of the year program. The following professionals received TOY awards.

Gerad Novak – Conestoga Valley School District– High School Teacher of the Year

Heidi Yohn - Ephrata Area School District- Middle School Teacher of the Year

Lori Greiner – Conestoga Valley School District – Elementary Teacher of the Year

Jennifer Herman - Ephrata Area School District – Health Teacher of the Year

CONGRATULATIONS !!!!!

We are working on a workshop for the month of February. Stay tuned! We are also working on a local “mini-grant” program! Our end of the year banquet is held at Four Seasons Golf Course and Banquet Facility. A tentative date has been set for May 17, 2007. (Date Saver).

Physical exercise is not merely necessary to the health and development of the body, but to balance and correct intellectual pursuits as well. The mere athlete is brutal and philistine, the mere intellectual is unstable and spiritless. The right education must tune the strings of the body and mind to perfect spiritual harmony. Something to think about !

Have a great year and see you in Seven Springs!



The Lancaster Lebanon Officers for 2006-2007 are:

*President –*

Cindy Hess

*Vice President –*

Heidi Yohn

*Secretary –*

Melissa Lear

*Treasurer –*

Chick Hungerford

## 85TH ANNUAL PSAHPERD CONVENTION

This year's convention will be November 30th through December 3rd at the Seven Springs Mountain Resort.

This year we have several local presenters, which include:

*“Circuitmania”*, Linda Miller, Hempfield SD; *“High Paced Health..In Flight to Insight”*, Cindy

Freeman, Lancaster SD; *“Putting Together a Student Wellness Club and How to Keep it Interesting”*, Heidi Yohn, Ephrata Area SD; *“Dynamic Warm-Ups for Track and Field”*, Rob Bare, Cornwall Lebanon SD, *“E’s Not Gym Class Anymore: Gaining Support for your Program”*, Matt Trout, Conestoga Valley

SD; *“Teaching Health with a Bang”*, Lynn Lechleitner, Cornwall Lebanon SD.

For membership and other information check out the homepage at: [www.psahperd.org](http://www.psahperd.org) or call the PSAHPERD office at (717) 627-1176.

## Richard Simmons Supports Physical Education

Richard Simmons is bringing media attention to physical education because he recognizes that kids are overweight and do not get enough activity. As a result, Richard Simmons has made it his personal crusade to bring physical activity back to the schools. He

has created a National Survey to help him compile information. The survey asks about how often students receive physical education, recess and other physical activity. After collecting the information, Simmons plans on taking it to Washington to share the data.

His hope is to create positive change for our youth.

To make a difference, visit Richard's website:  
[www.richardsimmons.com](http://www.richardsimmons.com)



## TIPS TO HELP YOU EAT VEGETABLES!!!

### For the best nutritional value:

- Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Sauces or seasonings can add calories, fat, and sodium to vegetables. Use the [Nutrition Facts label](#) to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.
- Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.
- Buy canned vegetables labeled "no salt added." If you want to add a little salt it will likely be less than the amount in the regular canned product.

Information taken from [www.mypyramid.gov](http://www.mypyramid.gov)



## News You Can Use

\*The AAHPERD 2007 Convention will be held at the Baltimore Convention Center in Baltimore, MD March 13-17.

\*We are beginning the search for this year's local Teachers of the Year. If you know someone who deserves recognition for a job well done, please

take the time to nominate them! Nominations can be submitted to Cindy Hess at [c\\_hess@easdpa.org](mailto:c_hess@easdpa.org).

\*Membership in the Pennsylvania State Association for Health, Physical Education, Recreation, and Dance provide the following benefits for its members: PSAHPERD

Newsletter, Lobbying voice in Harrisburg, Regional and State workshops and conferences, Professional Network for exchange and development of ideas, Teacher of the Year Awards, Special Projects addressing the needs of professionals and much more!!

## Congratulations to the Following HERitage Award Winners!!

Kathy McMinn from Cedar Crest High School

Kip Haas from Westminster College